

Post Care Instructions: Boost Whitening

The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile. Everyone's teeth have a protective layer called the acquired pellicle. This layer contains the surface dental stains and is removed during a regular dental cleaning or the whitening process. It takes a minimum of 24 hours for the barrier to fully develop again. To maximize the whitening, we ask that for the next 48 hours you DO NOT consume dark or yellow staining substances such as:

- Tobacco Products
- Colored Lipsticks
- Coffee/Tea
- Red Wine
- Tomatoes/ Tomato products
- Soft drinks
- Mustard/Ketchup
- Berries
- Soy sauces/ red sauces
- Colored Mouth rinses

If your daily hygiene routine involves using Perio RX or Chlorhexidine, please wait 48 hours to use this product again.

If post-operative sensitivity occurs, take Advil/ Tylenol as you would a headache if needed. You may also use take home fluoride if needed in your take home whitening trays that were given today.

Suggestions for food / beverage intake: Plain pasta, white rice, mashed or baked potato, Milk, water, clear sodas, apples, bananas, pears, cauliflower, cottage cheese plain or vanilla yogurt, white cheeses, mayonnaise, sour cream, white bread, flour tortillas, egg whites, oatmeal or cream of wheat.